



DOT-08173 using the Northland South Expressway. Part of the cost of the roads with toll rates imposed by the cash-strapped Philippine National Construction Corp.

Revive toll cut, bus owners ask

By Clarence Basilio

BUS OWNERS and operators expressed their frustration with the Philippine National Construction Corp. (PNCC) over the toll rates imposed on the expressway.

The Toll Regulatory Board (TRB) has approved a 30 percent increase in toll rates for the expressway.

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PNCC is the South and North Luzon Expressway (SLEX) operator.

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A day in the (dismal) life of center refugees

By Leticia Salazar

FOR MONTHS after a devastating earthquake in the Philippines, the lives of the refugees in the center are still going through an ordeal as they wait for the aid.

The United Nations (UN) has been sending aid to the refugees in the center, but the aid is not enough to cover the needs of the refugees.

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Antiriot cops now 'tourist-friendly'

By Guillelmo Pardo

PHILIPPINE police officers are now being trained to be more friendly to tourists.

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Reyes' star to shine brighter at DILG

ONE OF the most recent Presidents of the National Association of Police Officers (NAPO) is now a member of the DILG.

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ON TARGET
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TUESDAY JULY 23, 2004 9:00 AM - 5:00 PM

WEDNESDAY JULY 24, 2004 9:00 AM - 5:00 PM

THURSDAY JULY 25, 2004 9:00 AM - 5:00 PM

FRIDAY JULY 26, 2004 9:00 AM - 5:00 PM

SATURDAY JULY 27, 2004 9:00 AM - 5:00 PM

SUNDAY JULY 28, 2004 9:00 AM - 5:00 PM

MONDAY JULY 29, 2004 9:00 AM - 5:00 PM

TUESDAY JULY 30, 2004 9:00 AM - 5:00 PM

WEDNESDAY AUGUST 1, 2004 9:00 AM - 5:00 PM

THURSDAY AUGUST 2, 2004 9:00 AM - 5:00 PM

FRIDAY AUGUST 3, 2004 9:00 AM - 5:00 PM

SATURDAY AUGUST 4, 2004 9:00 AM - 5:00 PM

METRO

ONE Facebook group is not necessary (page 3) | COTI (page 3) | 100 percent

8-0000 p.m. | www.inquirer.com.ph

Desk Editor: Cesar B. Bilo, Editor: G. Ogasapil



AFTER a long day, Norwin Sabarwalong long accommodation the high tide in their town, the their heads close to their bodies near the overflowing Malabon-Manila Bay.

Rain went away, but floods stay

By Editor-Cesar B. Bilo

THE S.U.N. was high and many residents remained profoundly because of the existing flood.

But many of the streets in Marikina and the cities of Marikina and Calabarzon were still under water.

Residents were, however, thankful the rain had stopped. Otherwise, the flood would have been through many streets in Marikina, Malabon City and Calabarzon City for several hours yesterday would have been higher.

Peaceful kids

Nevertheless, elementary and high school's classes were suspended in Marikina because of the high tide.

With schools closed yesterday, many children and teenagers were seen swimming in the flood.

waters, crowded full of the flood of Marikina.

Eric, a policeman at Tandang Sora High School, posted stalled pedestrians and vehicles vehicles on the flood street, charging 100 or 150 for the service.

Business as usual

Marikina Mayor Eddy Pangasinan said Marikina will be suspended because of the possibility of heavy rain, coinciding with the tide, which may be about two meters, possibly 1000.

But because the water did not come, the flood level was "normal" for the residents, who have gotten used to every day flooding.

High tide

In northern Metro Manila, water flows into the streets during high tide, rain or else.

Part of M. Naval Street in Marikina, including the stretch near the municipal hall, was under water. Deep flood. Water on the stretch going to Marikina Elementary School was higher, almost reaching the floor of parking lots.

Children lying on the floor of Marikina Elementary and Tandang Sora High School were in the water.

But after about two hours, the water level started to drop. By 3 p.m., many areas had dried up.

Warning

Yesterday morning, local government officials met with city, state and national police to discuss the possibility of police and military forces during floods.

Police officers from the city, state and national police were seen during the flood, rain or else.

70 MINORS RESCUED

Child porn gang busted; 7 arrested

By Lela B. Solares

PHOTO

Operation of a suspected child pornography business apparently started six months when they at least their services to the head of a child care foundation in the country.

The syndicate, reportedly operating in the country for at least three years, was busted during a raid in Los Angeles, California, and the arrested by the National Bureau of Investigation's (NBI) Division, the social welfare department, and the child care foundation.

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Traced

All seven suspects were traced to the Philippines. The syndicate, reportedly operating in the country for at least three years, was busted during a raid in Los Angeles, California, and the arrested by the National Bureau of Investigation's (NBI) Division, the social welfare department, and the child care foundation.

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been, including a Japanese, were arrested, and 70 minors aged 3 to 15 were rescued.

The suspect was presented to the police by the NBI in a joint operation yesterday. They were arrested in Los Angeles, California, and the arrested by the National Bureau of Investigation's (NBI) Division, the social welfare department, and the child care foundation.

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recovered in the Los Angeles region. The NBI also arrested and arrested the seven suspects.

The also said some of the child, even had apparently been in the trade for some time. "They would go if they were used to what they were made to do," he said.

Culpability

Complaints of violations of the anti-trafficking in persons act that deals with child prostitution and child pornography were filed against the seven. The violation is non-bailable with a maximum penalty of life imprisonment.

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Three Pasig cops fail drug test

By Lela B. Solares

THREE police officers in Pasig City tested positive for drugs following mandatory drug testing for officers last week.

The police, however, refused to divulge their identities pending a disciplinary case.

"We will soon a confidential source," Director Ricardo De Leon, backed. Capital Region Police

Office (PROPO) chief, and Chief (Capt. Oscar Salazar, head of the National Police Division, said representatives in Pasig City yesterday.

Mandatory

"The disciplinary case is mandatory. We also need to ensure that process," said Director Ricardo De Leon, backed. Capital Region Police Office chief, pending to prevent them in the

media after withdrawal.

Law enforcement

The seven is expected to drug the records of the Pasig police for a new law.

Two weeks ago, a police officer and two teenage girls, both were caught in video making, pornography, and sexual abuse in the Pasig police for a new law.

PHILLIPS And when I was a

few years, "It has to rank up there as one of my best friends," she said. "I haven't noticed since then so I can't tell you how long. To have these people as your closest friends."

[illegible][illegible]

Federer's dominance shines on in 'Wimby'

WIMBLEDON, England—Roger Federer is weaving on time in living up to his reputation as the greatest tennis player of his generation.

With two straight Wimbledon titles, 20-ace winning prowess, victories and a 2-0 record in Grand Slam finals, the 20-year-old Swiss is the most dominant player since Pete Dinklage.

And Federer, the teen-aging American who lost to Andre Agassi in his first Wimbledon final, had no doubts.

"He definitely has an ace up his sleeve, but it's not that," Federer said. "He's got the ability to win from anywhere, and he's got the power to win from anywhere." Federer withdrew Federer's 25-10th (14-0) record and opponent Andy Roddick, winning 4-6, 7-5, 7-6 (3), 6-4, to become the first man's champion to successfully defend his title since Jimmy Connors won his second Wimbledon trophy in 1974.

Federer's opponent, winning 6-4, in second sets in the 40 matches since he won his first Wimbledon title in 2003. He won by five-time Wimbledon champion Andre Agassi, who won the title twice before in 1993 and 1999, the fourth man to win his first Wimbledon title since the Open era began in 1968.

His first Wimbledon title came after he lost to Andre Agassi in the first round of the 2002 Wimbledon tournament, a 6-4, 7-5, 7-6 (3), 6-4, to become the first man's champion to successfully defend his title since Jimmy Connors won his second Wimbledon trophy in 1974.

"I kind of like it," the 20-year-old said in the final of Wimbledon. "It's not the one that really, really runs. Grand Slam titles are just a little bit different."

After being asked only on a second round



FEDERER improves 100 percent record in Grand Slam titles.

able to win the big ones, Federer has won his last eight four Grand Slam titles.

A series of many more Grand Slam titles to Federer, the first man since Andre Agassi to

win two titles in a year. He's got the ability, power, tenacity, and the ability to dominate the game to win.

AP

Millions party as gallant Greeks top Euro 2004

ATHENS—Only weeks after the final whistle at Euro 2004, Greece's fans celebrated, celebrating the victory in the biggest party the nation has ever seen.

"We're in it for the long run," said one Greek fan, celebrating the victory in the biggest party the nation has ever seen.

Greece won their place in soccer in their home, plus, public squares and beaches throughout the nation were filled with fans.

Street celebrations in Athens began the night after the victory, with fans celebrating the victory in the biggest party the nation has ever seen.

Greece won their place in soccer in their home, plus, public squares and beaches throughout the nation were filled with fans.

down in front of thousands of fans celebrating the victory in the biggest party the nation has ever seen.

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SHARAPOVA took tonight's victory in the Western Open.

Sharapova gets lofty billing

WIMBLEDON, Maine—Sharapova will lead the Western Open in Wimbledon, but she's not one of the top 100 players in the world.

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Ames rules Western Open; Woods 7th

AMES, Iowa—Golf's Western Open, the 114th edition of the tournament, was held in Ames, Iowa, on Sunday.

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Mavericks rout Chinese national team

HOUSTON, Texas—The Mavericks won their first NBA title in 1997, and they did it in a way that no one else has.

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UAAP league to beat—Jose

THE UAAP senior basketball tournament is now the longest in the world.

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Russians rip marks

BERLIN, Germany—It was a hard-fought battle for the Russian women's team in the 2004 Summer Olympics.

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Get more mileage by spending less. Turn the page.

ENTERTAINMENT

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Editor: Lina C. Castillo

And an Oscar show was had by all FAP show complete with borrowed Jaguars and jewelry

By Alex T. Vergara

SATURDAY night's Film Academy of the Philippines awards night will go down as a historic moment for a number of reasons. First, it's the first time that the Academy has held its awards ceremony in the Philippines. Second, it's the first time that the Academy has held its awards ceremony in the Philippines. Third, it's the first time that the Academy has held its awards ceremony in the Philippines.

From the moment when the Academy first held its awards ceremony in the Philippines, it has been a historic moment for a number of reasons. First, it's the first time that the Academy has held its awards ceremony in the Philippines. Second, it's the first time that the Academy has held its awards ceremony in the Philippines. Third, it's the first time that the Academy has held its awards ceremony in the Philippines.

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AND A BOY SHALL LEAD THEM: Awarded best actor for his role in "Mogador," the young actor is seen here.

Spending pains?

Get the cure without paying more.
Turn the page.



INQUIRER
"Mogador," best
actor for his role in



PLAYLAND FRESH
Best actress for her role in

OPENS TOMORROW !

This fairy tale is about to get real.

She's a commoner. He's a real Prince.
Can they live happily ever after?

Julia Stiles
Luke Mably

The Prince
& Me

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OPENS JULY 14

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AROUND the WORLD 80 DAYS

TAKE THE CHALLENGE.

ARNOLD SCHWARZENEGGER ROB SCHNEIDER OWEN WILSON

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The president recycles to work

The highlight was the nature in suggestion of President Managua's return. She looked surprised at her unexpected dress made from the drapes in the Palace, an item which she went through great care designed by himself. The General seemed baffled to pick up a jewelry looking and a pair of shoes. The only thing is of rubber, which picked

The mock murder was diagnosed with her short speech as it added nothing new and, at one point, the Phara was down 16, but she is dead among those voting down on government repression. When the ministers, who had rendered their own way resignation, returned in their pink, they found that their Ministers and MPs had gone, replaced with civilians.

I learned that she did not repeat her promise to reduce the price of electricity. After Nupur had asked for, and will probably get, a 75 percent rate hike, my electricity bills will go through the roof and I have ordered 10,000 additional needles. The government cannot go on raising \$600 million a year to pay the company's construction debt, so it will have to accede over a period of two years, say, to make the company viable enough to privatize it, or sell off its assets worth \$7-10 billion. I am confident we will deal with this soon.

The creation of a million jobs annually is a really big question. We have 80 million people and the population is growing at 2.5 percent a year. If my calculation is right, 40 means an increase of 2 million people a year in a country with 80 million people. If you have 2 million people, you have 2 million students who are looking for jobs. Unemployment, already the highest in Asia, will be further, in this country, most growth.

We will be watching out for Cabinet changes and, in particular, ways of estimating the budget deficit. Why is it so-called? Because the cabinet judge it a little bit of this and a little bit of that, not the answer. There has to be a systematic scaling down of wasteful government expenditures and the removal of all those believed to be wasting money from the people through corrupt practices. These people should be known that they are involved and made to account for their ill-gotten wealth. These are all issues that also are serious.

Of course, CMAA is in favor of a parliamentary system, especially if the use for Presidents and Prime Ministers, a system understood in other countries. There is no limit on the term of a Prime Minister. Tony Blair has been in power for 8-1/2 years and still has a year to go before the next election. If the latter Party resigns and for the reasons the leader leaves his Post Master General Church's record of 11-1/2 years.

I faced a stark Parliamentary decision, which the U.S. has had this many times. However, these are the British, so only I could, and the power to power can always get by itself passed by vote of its majority. In the end, however, all these have been turned out by a third party, but not for more votes. All bills are also used throughout the House of Commons and then sent to the House of Lords for their consideration. But they do not have the power to veto, only to suggest modifications. For the first reading, I was a vote, so further delaying tactics by the opposition is not possible. This gives the Prime Minister virtually unlimited

The thousands of teenagers who troop to state government sites days ahead of time are a brilliant strategy. Otherwise, the recruits, who must demonstrate real ability to survive their time, would have probably blown up the entire Cabinet. Veterans who are well armed, and used to being martyrs

It was also a good move to ban Saddam Hussein from the Iraqis. In total, we'll probably take two years but it might have some of the best of everything the people in Iraq have been denied. It will be especially because the situation of the Allied forces who are still engaged by some Iraqis and an occupation force. President Bush and Tony Blair will be charged to protect the Iraqis from the Iraqi resistance, but if it's a very long war and the people will be very angry, they will be very angry.

The 25-hour point runs like the Federal Reserve was interrupted by everyone and had little impact on the market. But the figures released on Friday night showing that only 111,000 new jobs had been created was by far the least encouraging of 2002's and the data come back as to whether the Fed's economy is really as strong as it appears to be. Investors are likely to react negatively.

erty in this sense, which consist on top of a number of complex drawings rules. The only significant, aside you can put on it is that the FID will not be in any hurry to

The bond market calmed three-quarters of a point, reducing the yield on the 10-year note to 4.40 percent. Merrill has noted a series of clues that the market may have peaked even though several bull markets are expected to be

The results from TEL are down and the second quarter should have been very good as most communications in the previous during the election period were carried out using mobile phones. A half-year profit of 200.5 million has been achieved.

But I would not be surprised if it reached \$11 billion. The share closed at a 5-year high of \$1.16. To think that I first recommended debt in the business is FOM not so long ago.

Procedural (Process) has indicated:

As the PHL, a financial report on Deiner's, which it has just taken over. Nevertheless, the share has increased. That is as it should be because procedures are supposed to be that.



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wars
and
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world
is
in
trouble

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Editor Chela Bana-Fernando

MONDAY ARTS • TUESDAY FITNESS • WEDNESDAY ISU • THURSDAY FOOD • FRIDAY HOME & FASHION • SATURDAY SURPRISES



NEW Samsung appliances activate silver ions that help eliminate odors and bacteria.



SILVER Nanoparticles can also be used to clean the inside of the washing machine.

Samsung harnesses the potential of silver for fighting disease-causing microbes



WATER releases silver ions into clothes to make them resistant to bacteria for up to 10 days.

New-generation appliances use old defense against health hazards

By Linda B. Solis

Fish, walls and a roof may not be giving people as good a protection as they want from disease-causing germs.

They're not, and people are starting to see disease inside their homes has prompted the fitness movement company, Samsung, to turn to a centuries-old technology to find a solution to the modern-day problem of indoor pollution, its antiseptic and odor-eliminating silver-ion technology.

Although the products' success is yet to be proven, the company's research shows the industry continues to lead in the market. Samsung's new generation of appliances is a step toward addressing a growing concern about the safety of people's homes. Just recently, the World Health Organization (WHO) reported that environmental factors both inside and outside the home were killing more than 3 million children under the age of 5 every year. The United Nations specialized agency said indoor air pollution and indoor water, as well as other environmental-related factors—ill and largely unaddressed basic threat—remained responsible for killing more children.

The World Health Organization's (WHO) report on indoor air pollution in Bangladesh, Hungary, are told that nearly 1 million children around the world died each year from diseases caused by air pollution inside their own homes. In Bangladesh, indoor air pollution has killed an estimated 1.8 million people worldwide each year, 1.5 million of them children under 5. It's water is responsible for many diseases including cholera, dysentery and different kinds of acute infections.

Just as vulnerable

But while children are the most vulnerable, adults are not totally immune to health risks posed by environmental hazards.

In fact, the problem posed by indoor air pollution specifically has been recognized in the Philippines. The Department of Health and Environment and Natural Resources have launched an initiative

to campaign for safe indoor air supported by Samsung Electronics Philippines Corp. The campaign pointed out, "Indoors, the air can cause serious ailments like eye, nose and throat infections, allergic rhinitis (runny nose), hay fever or cough and asthma attacks when left unchecked on a long-term basis with no filters, fans, filters, purifiers and even long-term health levels inside your home, office or the mall."

Indoor pollution can cause dry or itchy nose, sore throat, sneezing, runny or itchy nose, fatigue or lethargy, headache, dizziness, loss of energy and irritability.

In buildings, the pollution is mostly of chemical origin but is, however, continuous and more or less constant, resulting from poor maintenance or overcrowding, even with air conditioning and humidity control. Because concentration of bacteria, viruses, fungi and pollen is high, these can lead to various health problems.

As pointed out in the WHO report, "Indoors, the air is usually polluted by the large and persistent sources of pollution, such as tobacco smoke, cooking gas, and other indoor air pollutants. The exposure to air pollutants produces health effects on the respiratory system resulting in different kinds of lung diseases like bronchitis, emphysema, asthma, and cancer, etc. As a result of chronic exposure to polluted air, the potentially dangerous lung disease may not be able to improve. In other words, the lung and throat are, among high blood pressure, heart disease and other chronic diseases."

Of course, in the past two or three years, WHO (World Health Organization) and the United Nations (UN) have been adding to the growing list of diseases that people can get even without leaving the comfort of their homes.

Already in use

In increasing the antiseptic properties of silver in indoor appliances, Samsung Electronics is using silver nanoparticles in its new generation of appliances. The United Nations' (UN) report on indoor air pollution and indoor water, as well as other environmental-related factors—ill and largely unaddressed basic threat—remained responsible for killing more children.

Samsung's new line of products launch silver nanoparticles into the appliances to activate the natural bacteria-fighting properties. Water is the washing machine, for instance, activates silver ions that can kill bacteria and viruses in up to 24 hours. In refrigerators, looking after the silver ions in the "fresh" and suppress bacteria growth. Not only will it extend food shelf life inside the refrigerator but also eliminate odors. As for air conditioning, the silver ions help in the filtering process, ensuring that the air released from the unit is clean and germ-free.

The company notes that the new products are safe even for

children, a problem common in the Philippines, as "the technology has no direct relation to power or electricity."

According to Samsung, "The application of silver ions in refrigerators (in particular) is through active cooling. Thus, this would not require electricity to be effective."

With regard to power consumption, the silver ions will be more important in standard models in order to reduce the cost. But Samsung says the additional power consumption is minimal.

The silver components are also expected to continue working for

at least 10 years, to protect against bacteria contamination during that period.

Of course, the success of the technology inside the "silver" appliances is in more significant than standard models. But Samsung says the silver components may be used in the near-to-future years.



SUNG Hui, president and CEO of Samsung Electronics Philippines Corporation

Drive to victory gets new 'weapon'

By Anne A. Janssens

FORGET about sleeping your way to the driver's seat, even putting lead in it to make it more reliable.

Your nearest search for elite performance may be over and you need not adapt to your golf club anymore. A new club will adapt to suit to meet your specifications and allow you to be the master of your game.

After 20 years of revolutionizing drivers, TaylorMade launched recently the TechnoFlyer 1 Quadblade, described as the "club that will make golf history in its field" with its ultralight

technology

By simply adjusting the four screws on the driver's golf club, you now modify the club's center of gravity (COG) to create the exact performance you desire.

Like fingerprints, each golfer's swing is unique. Every golfer naturally wants to hit the ball straight, harder and sweeper. The club is created to deliver the desired trajectory. The club features that allows the spin to be positive or the club head's COG.

Through TaylorMade's 1 Quad blade, a single screw and turn of the screws can adjust the COG without changing the weight or swing feel. Also, the innovative adjustable screws change the launch angle, spin rate and trajectory of a golfer's drive. And now the COG can be "tuned" to suit the driver's performance is consistent.

Golfers can alter the distribution of a club's four weights through TaylorMade's patented Launch Control System in the 1 Quad blade, making adjustments in the angle of impact, amount of backspin and flight path possible. One club makes six flight path possible.

Weight's history

Another improved technology is the Superfly 100, which reduces the head's weight to the absolute minimum—less than previous driver 100-grams for standard drivers to 95 grams. Superfly 100 is eliminated and used instead in compensating weight. The effect is increased swing speed, control, and maximum moment of inertia.

Through the "tunable" driver of 1 Quadblade, TaylorMade believes it has created the ultimate "weapon" that will make victory not just an option but probably a certainty. The new driver is now used in Professional Golf Association's 1 tournament and has several recommendations from major golf courses, instructors and pro-athletes.

Contact the author at jeffrey.m.harris@taylor-made.com.



EMMET Fugate, TaylorMade's Global Golf Product, sales and marketing manager, adjusts the weight of a TaylorMade 1 Quadblade for a former Philippine President Fidel R. Ramos at the Golf Expo, Thaco Golf, before the manager, looks on.

Scared-of-the-art driver allows golfers to adjust the club to their needs

The secret in 'Da Vinci Code'

WHILE abroad, I finally read Dan Brown's novel, "The Da Vinci Code," one of the recent best-sellers. Apparently it's a million of more million copies printed worldwide.

When reading the book to appealing to the close and fast-paced storytelling of a reader is intertwined with theological and historical facts. Making the reader to breathe with Church history and doctrine, he will likely consider everything as a historical fact.

Brown says "all descriptions of ancient, medieval, renaissance, and modern church history are false." The story of the book is a journey, some scenes are based in 1500 in Italy, and in the Open Air, a monumental and radiant Gothic architecture which, according to the author, has been required to be changed. In fact, everything, except not a fragment of the book, is known as original, authentic. In Europe, just before, was recently pronounced "Blasphemy" by the Vatican, the book may reveal secrets.

Complementary themes

Those who read my latest book, "Da Vinci's Secret, New Age and Interconnected," said one of the most intriguing topics discussed in "The Da Vinci Code." "When I finally read Brown's book, I was shocked to discover they were right. The two books mutually complement each other in a historical mystery about Jesus."

In an interview with Andrew Ross, the publisher of the book, the concept of the book in Los Angeles, Brown said he learned of the mystery hidden in the Vatican's paintings as an art history student at the University of North Carolina.

The signs were across the signs, while working on another book, "Angels and Demons."

After writing the original paintings in the Vatican, Brown said he was captivated and he wrote another book, "The Da Vinci Code."

The author said the secret, as discussed in the book, had been revealed by centuries and he drew his materials from thousands of sources.

Ancient mystery

The new book is a sequel to the previous one, which is a story of the secret of the Vatican. One ancient, Brown said, even opened the book that, through The Da Vinci Code, "the secret mystery would be revealed to a wider audience."

As for the book's being empowering to women, Brown said more 2,000 years ago the world believed in gods and goddesses. The new women had been compared to their spiritual power in most cultures but people saw them as a source of wisdom. The book, he said, touched on how and why this shift occurred and what lessons could be learned from it.

Brown also said he was a Christian but "he's the most traditional man of the world," pointing out that people had different ideas about being a Christian.

Seeing both as a continuation, the author said by attempting to dig up clearly defined concepts like love, people defined themselves and related the divine—Gatsby was playing a role in his big mystery, and following their own paths of enlightenment.

Support from the religious

Brown said the religious supported the book, just as there were many who opposed it. Opposition came mainly from the "Islamic" Christian churches who felt a "world's best" (understood) to be a lie.

"Much of the problem is that I get from within religion and religion is not a man who writes to death to his printing, so that they have sacrificed their souls to the Church and are still members of the church, but they are not," the author added.

He said many critics disagreed with some of the book's ideas but were glad that they recognized performance in religious religion.

One Episcopalian priest was quoted as saying "this book is not a shame (but) an opportunity for us to call to ourselves, engage the culture and this is what I want to do." Dan Brown, in



James T. Harrison

writing novels about things that matter."

This is precisely what I'm hoping for with my

own book—structure, discipline and debate on religious and theological issues—visually direct in this unique (everybody across common to the line) unapologetically intellectual authority. This was of historical importance but to change. Philosophically needs a great change!

For my weekend reviews, call 800-265-4-READ, e-mail anne@brown.com, visit <http://www.brown.com>, learn in my www.brown.com program.

Listening to your inner voice

I F YOU'VE got better inside your head, they may. Growing up, we heard many voices in our minds—mother, father, teacher, friend, but those...

Most of this time, we listened to their beliefs, ways, judgments and feelings as common sense—then allowing our best property as something much more in displaying behavior expected by others.

Each figure that mattered in our lives had a face, a body and voice. The voices helped us without interruptions, pain, judgment, speak with conviction.

Finding our own voice

What if the voice talking to us and whispering for us answers, which one should we really listen to? Complicated as it may seem, in the end, only one voice should prevail—our own.

To make past recordings of where you are in our heads, we have to:

1. Tell the truth to our hearts.
2. Sit in a quiet corner and meditate.
3. Allow the real person to emerge and let the one allowed by, heard and created by mother to figure.
4. Let our own voices speak.

A checklist

To find out if you are hearing your own or inner voice called your highest self, here's a checklist. Check one item and more items as you can.

Lifted from "The Path to Love" by David Shapiro, MD, here's another way to help you get to know who you are.

1. I decided to go to school on something like mathematics.
2. I had a great teacher.
3. I came up with a way to solve a problem, not of beauty.
4. I said "I love you."
5. I got something off my chest. I'd wanted to say for a while.
6. I realized my public and admitted I was wrong.
7. I suggested someone who was in doubt or wanted to make a difficult change.
8. Despite the wrong news, I let that be ignored.
9. I didn't believe anyone.
10. I didn't expect.
11. I learned deep inside.
12. I think someone has been there

INSIDE OUT

Cory Quirino



With all the voices vying for our attention, only one should prevail—our own.

Remember that they did before:

13. I saw something good in someone who made a bad impression before.
14. I learned what worked on.
15. My choice in God was based.
16. I had a moment of insight.
17. I began to understand I wanted to do.
18. I was surprised to jump to someone who didn't.
19. I was a person.

Give yourself a prize for each moment chosen.

6-5 pages:

That life is based on other values and not the spiritual, financial, your inner self is ruled by emotion. Growth and sensitivity start with high self-love. Looking deep inside yourself isn't only talk for you, but also describe yourself as an individual in a unique way.

6-11 pages:

True belief in God but don't have a strong faith in a spiritual life. Money and success are your greatest goals. You are only in the middle ground for many about your inner. Focus on your own life.

10-15 pages:

You are moved to the spirit and follow your own wherever it might lead you. You believe in God is based on your own personal experience. In you, live the great love and you believe in unconditional peace.

Interpretation

If you scored high in terms of your own

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A guide to preventing gym injury

Gymnasts have three basic types of exercises available—cardio machines, group exercise classes and strength training. The last couple of activities focused on how to do exercises and use cardio machines properly. This week's column is about avoiding injury while using strength machines or free weights.

You grow the gym as you go, but if you pump into inconsistency you may be injured, and that is no fun. It defeats the very purpose of exercising. The joints are the most commonly injured part of your body. A joint is the connection between two bones like the knee or elbow. When a joint is injured, it affects the muscles that are attached to it.

Preventing joint injuries while lifting weights is a whole lot easier than treating an injury. Here is a head-on free gym injury prevention guide:

Neck

Keep your head and neck in line with your spine at all times. Ask your instructor or a friend to observe your posture as you do your exercises. Avoid looking sideways or the mirror when performing exercises like rowing or squats. When doing abdominal exercises, the neck is naturally curved but it should not be so curved that your chin touches your chest.

Shoulders

Shoulders are particularly prone to injury because so many muscles (about 30) are attached to the shoulder joint. Avoid lifting dumbbells higher than shoulder level when lifting sideways. Avoid doing behind-the-neck shoulder presses and behind-the-neck lateral pull-downs. Avoid bringing your elbows very low when doing bench presses. Take care when you spread your arms for chest flies, bicep curls and stretch your rotator cuff muscles—the four small muscles that wrap around the shoulder joint.

Elbows

The so-called "tennis elbow" doesn't happen only in tennis players. It happens when you grip a dumbbell too tightly. Don't dumbbells or barbells right enough so you don't drop them but not so tight that you block the flow of blood to your arm.

When doing an exercise that requires strengthening your arm, avoid snapping, jerking or locking the elbow joint. Always move in a controlled manner.

Your chest, shoulder and upper arm muscles may be strong enough to lift a set of heavy dumbbells, but if your forearm and wrist muscles are weak, your elbow joint will absorb a large portion of the force. Make sure the strength of your forearm and wrist muscles keeps up with the rest of your upper body.

Wrist

Keep wrists aligned with your forearm when lifting dumbbells and barbells or when pulling on a resistance band.

Lower back

Explosive and uncontrolled rapid movements are low-back killers. Trunk flexion, twisting movements can cause painful spasms to the lower back. Prevent it by keeping your spine straight throughout with a neutral lower back curve and holding your abdominal and lower back muscles tight when exercising different exercises.

Straight does not mean vertical. You are more forward,

WELL AND GOOD

TINA JUAN



You go to the gym to get fit, so an injury defeats the very purpose of exercising

beard on all hours, repeat no longer and will have a straight spine. The only exception is when you do abdominal or lower back exercises because the spine can't forward or arch backward.

Use dumbbells, barbells or other exercise equipment with your legs bent and the back straight. Avoid lifting anything with your back rounded and legs straight. Strengthening and stretching exercises for the abdominal and lower back muscles will help prevent lower back problems.

Knee

When doing squats or lunges, avoid flexing the knees go over your toes. This position causes too much compression on the knee cap. Do strengthening exercises for the quadriceps and hamstring muscles in the front and back of thighs. If you have flat feet, wear shoes that absorb shock. Uncontrolled flat feet can cause the knees to fall inward when you do squats and lunges. Be careful when using leg extension machines. Check that your knee joints are properly aligned with the joint part of the machine.

Ankle

Ankle injuries are not common when lifting weights unless you trip over a dumbbell. So watch out for "bumpy steps" on the gym floor.

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